

WE CLAIM:

1. A system for providing therapy to a portion of a body, the system comprising:  
a holder;  
a first patch held by said holder, wherein said first patch applies a first therapy to the portion of the body when said first patch is placed near the portion of the body; and  
a second patch held by said holder, wherein said second patch applies a second therapy to the portion of the body when said second patch is placed near the portion of the body.
2. The system of claim 1 further comprising a third patch held by said holder, wherein said third patch applies a third therapy to the portion of the body when said third patch is placed near the portion of the body.
3. The system of claim 2 wherein said first patch is an exothermic heating patch and said second patch is an endothermic cooling patch, and wherein said third patch is a topical analgesic patch.
4. The system of claim 1 wherein said first patch is an exothermic heating patch and said second patch is an endothermic cooling patch.
5. The system of claim 1 wherein said first patch is within a first enclosure and said second patch is within a second enclosure.
6. The system of claim 1 wherein said holder is a container.
7. The system of claim 1 wherein said holder is a board.
8. The system of claim 1 further comprising a plurality of first patches held by said holder.
9. The system of claim 1 wherein said first patch and said second patch are releasably attached to said holder.

10. The system of claim 1 further comprising a flexible wrap for securing at least one of said first patch and said second patch near the portion of the body.
11. A kit of parts for providing therapy to a portion of a body, the kit comprising:
  - a first patch adapted to apply a first therapy to the portion of the body when said first patch is placed near the portion of the body;
  - a second patch adapted to apply a second therapy to the portion of the body when said second patch is placed near the portion of the body; and
  - a holder adapted to hold said first patch and hold said second patch.
12. The kit of claim 11 wherein said holder is a container.
13. The kit of claim 11 wherein said first patch is an exothermic patch adapted to heat to the body and said second patch is an endothermic patch adapted to cool the body.
14. The kit of claim 11 wherein said first patch is within a first enclosure.
15. The kit of claim 14 wherein said first enclosure is a substantially air-tight enclosure.
16. The kit of claim 11 further comprising a flexible wrap adapted to secure at least one of said first patch and said second patch near the portion of the body.
17. The kit of claim 16 wherein said flexible wrap is adapted to secure both said first patch and said second patch near the portion of the body.
18. The kit of claim 11 wherein said first patch is adapted to be releasably secured to said holder and said second patch is adapted to be releasably secured to said holder.
19. The kit of claim 11 further comprising a third patch adapted to apply a third therapy to the portion of the body when said third patch is placed near the portion of the body.

20. The kit of claim 19 wherein said first patch is a heat patch and said second patch is a cooling patch, and wherein said third patch is an electrical stimulating device.
21. A method of providing therapy to a portion of a body, the method comprising:  
selecting a patch from a holder that holds a plurality of patches, wherein at least one of the patches is adapted to apply a different type of therapy to the portion of the body than the other patches; and  
applying the patch near the portion of the body.
22. The method of claim 21 further comprising determining an appropriate therapy to provide to the portion of the body.
23. The method of claim 21 wherein applying the patch near the portion of the body includes applying the patch to the portion of the body.
24. The method of claim 21 wherein selecting a patch from a holder that holds a plurality of patches includes selecting a heat patch from the plurality of patches.
25. The method of claim 21 wherein selecting a patch from a holder that holds a plurality of patches includes removing the patch from a container.
26. The method of claim 21 wherein selecting a patch from a holder that holds a plurality of patches includes releasing the patch from a board.
27. The method of claim 21 wherein applying the patch near the portion of the body includes wrapping the patch within a flexible wrap that is wrapped around the body.
28. The method of claim 21 wherein selecting a patch from a holder that holds a plurality of patches includes selecting at least two patches from the holder where one of the patches provides a different type of therapy than the other patches.

29. The method of claim 28 wherein applying the patch near the portion of the body includes applying the patches near the portion of the body to provide a combined therapy.

30. The method of claim 29 wherein applying the patches near the portion of the body to provide a combined therapy includes applying at least one topical analgesic patch and at least one transdermal analgesic patch.

31. The method of claim 29 wherein applying the patches near the portion of the body to provide a combined therapy includes applying at least one heat patch and at least one transdermal analgesic patch.